

A STUDY ON THE NON COMMUNICABLE DISEASES

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INTRODUCTION

About Basic Paradigm

Basic paradigm founded by a group of social development professionals with over 20 years of experience. The company aims to improve health, nutrition, and welfare as the final step towards achieving Sustainable Development Goal 3, ensuring health and well-being at all stages of life.

Basic paradigm engages in a diverse range of projects across various sectors, including health, education, nutrition, child protection, and gender.

The goal of the organization is to support implementation organizations in optimizing their programme operations, measuring social impact, enhancing financial sustainability, making data-driven decisions, expanding geographically, and refining organizational priority.

INTRODUCTION

What Are Non-Communicable Diseases?

Non-communicable diseases are medical conditions or diseases that are not caused by infectious agents. This means they are not transmitted from person to person. Instead, they are typically the result of a combination of genetic, physiological, environmental, and behavioral factors. The most common types of NCDs include cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes.

Global Impact of NCDs are the leading cause of death globally, accounting for approximately 71% of all deaths each year. This translates to about 41 million people dying from NCDs annually. The impact of NCDs is not just limited to health; they also pose significant economic challenges. The treatment and management of NCDs place a substantial financial burden on healthcare systems and reduce productivity, affecting economies worldwide.

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- The main risk factors for NCDs include:
- Tobacco Use: Smoking is a major risk factor for many NCDs, particularly lung cancer and cardiovascular diseases.
- Unhealthy Diets: Diets high in sugars, salts, and unhealthy fats contribute to obesity, diabetes, and cardiovascular diseases.
- Physical Inactivity: Lack of physical activity increases the risk of many NCDs, including heart disease, stroke, and diabetes.
- Harmful Use of Alcohol: Excessive alcohol consumption is a risk factor for numerous diseases, including liver disease and certain cancers.

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Purpose of the Study on Non-Communicable Diseases

The primary aim of this study is to enhance our understanding of non-communicable diseases (NCDs) and their impact on public health. Specifically, Identify the Prevalence and Understand the risk factors

- **Objective of the study**
- To analyze the current trends and prevalence rates of non-communicable diseases (NCDs) globally.
- To identify the major risk factors contributing to the rise of NCDs.
- To propose recommendations for effective policies and interventions to mitigate the burden of NCDs.

METHODOLOGY

Methodology:

Qualitative Analysis: Literature review and synthesis of qualitative studies exploring the socio-economic and cultural determinants of NCDs. A literature review involves researching, reading, analyzing, evaluating, and summarizing, scholarly literature (typically journals and articles) about the non-communicable diseases: prevalence and impact.

Data Collection:

Secondary data collected from national health surveys, health department reports, and peer-reviewed literature.

FINDINGS

Prevalence and Impact

Global Burden: NCDs account for 71% of all deaths globally, which amounts to over 41 million people each year.

Cardiovascular diseases are the leading cause of NCD deaths (17.9 million deaths annually), followed by cancers (9.0 million), respiratory diseases (3.9 million), and diabetes (1.6 million).

Premature Deaths: Around 15 million of these deaths are premature (occurring between ages 30 and 69), affecting productivity and economic growth significantly.

Most premature NCD deaths (over 85%) occur in low- and middle-income countries, exacerbating health inequities.

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Risk Factors

Tobacco Use: Responsible for around 8 million deaths annually.

Over 80% of the world's 1.1 billion smokers live in low- and middle-income countries. Unhealthy Diet: High intake of salt, sugar, and trans-fats contributes to high blood pressure and obesity. Poor diet is linked to increased risk of cardiovascular diseases, diabetes, and certain cancers.

Physical Inactivity: Globally, 1 in 4 adults is not active enough.

Lack of physical activity increases the risk of heart disease, stroke, and diabetes.

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Cancer

Global Prevalence: Cancer is a leading cause of morbidity and mortality worldwide. In 2020, there were an estimated 19.3 million new cancer cases and 10.0 million cancer deaths globally.

Types of Cancer: The most common types include lung, breast, colorectal, prostate, and stomach cancers.

Diabetes

Global Prevalence: Diabetes affects approximately 463 million adults (aged 20-79 years) worldwide. This number is expected to reach 700 million by 2045 if current trends continue.

Types of Diabetes: Type 2 diabetes comprises most cases, driven by increasing obesity rates and sedentary lifestyles.

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3. Cardiovascular Diseases (CVDs)

Global Prevalence: CVDs are the leading cause of death globally, accounting for over 17.9 million deaths annually.

Types of CVDs: Major types include coronary artery disease, stroke, heart failure, and hypertension.

CONCLUSION

- **High Prevalence and Impact:** Non-communicable diseases (NCDs) are the leading cause of death globally, imposing significant health and economic burdens on societies. Addressing these diseases is crucial for improving public health and reducing healthcare costs.
- **Preventable Through Lifestyle Changes:** The primary risk factors for NCDs, such as tobacco use, unhealthy diets, physical inactivity, and excessive alcohol consumption, are largely preventable. Promoting healthier lifestyles can substantially reduce the incidence of these diseases.

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- **Need for Stronger Healthcare Systems:** Strengthening healthcare systems to provide early detection, effective management, and integrated care for NCDs is essential. Improved healthcare infrastructure and accessibility can lead to better health outcomes for individuals with NCDs.
- **Importance of Policy and Community Engagement:** Comprehensive public health policies and community engagement are vital in combating NCDs. Effective regulations, public awareness campaigns, and community support can drive significant progress in preventing and managing NCDs.

RECOMMENDATION

- **Public Awareness:** Launch widespread health education campaigns to raise awareness about the risk factors and prevention of NCDs. These campaigns should emphasize the importance of healthy lifestyles, including regular physical activity, balanced diets, and avoiding tobacco and excessive alcohol use.
- **Community Engagement:** Engage communities through local health initiatives, schools, workplaces, and social media to promote healthy behaviors and support individuals in making positive lifestyle changes.

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- **Strengthen Healthcare Systems:** Primary Healthcare: Improve access to and quality of primary healthcare services to ensure early detection, diagnosis, and management of NCDs. This includes regular screening programs for hypertension, diabetes, and cancers.
- **Integrated Care:** Develop integrated care models that provide comprehensive and continuous care for individuals with NCDs, ensuring coordination between primary, secondary, and tertiary healthcare services.

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